



Community Cup scores

Wet weekend in Gatineau

City receives 240 reports of flooded homes, more likely affected
 Region saw at least 200 millimetres of rain: Environment Canada



City workers in Gatineau are cleaning up today after a weekend storm flooded the area and prompted the evacuation of about 600 homes.

The storm began Thursday night, and water levels finally receded at about 4 p.m. on Saturday, said city spokesperson Alain d'Entremont. Environment Canada reported at least 200 millimeters of rain fell on the region.

When a road washed out, a flash flood spilled out into a neighbourhood along Rue de Gallois.

"Those people were notified Friday night by emergency services at around 11 p.m. to get ready to evacuate," said d'Entremont. "To pack a bag, to gather medication, find the cat cage and whatever. At 6:30 Saturday morning, the road Chemin Des Érables did break, so there was a flash flood."

► Water washes over Chemin Parker in Luskville, north of the Ottawa River. For more flood photos, visit metronews.ca.

About a metre of water collected in about 20 minutes, and emergency crews came through the neighbourhood with sirens blaring, warning residents to leave.

"Pretty much everybody was able to do it, there were no injuries," said d'Entremont.

Not all of the homes were flooded, and residents were able to return in a few hours, he said. Chemin Des Érables will remain

closed for a least a few weeks, if not a few months.

Another 300 homes in a private mobile-home park on Boulevard la Vérendrye Ouest were evacuated on Saturday morning, after one of the two bridges that provide access to the area collapsed and the other needed work done to prevent it from collapsing as well, said d'Entremont.

Gatineau Park and areas north of the Ottawa River were also flooded. In Pontiac, a creek burst its banks and a section of Highway 148 collapsed.

"The flooding was pretty intense," said Pontiac resident Ghaith El-Mohtar. He lives on Chemin Parker, which was also flooded, trapping him inside his home for a about 24 hours starting on Friday evening.

On Saturday, the NCC closed off part of Gatineau Park because of flooding. Many areas remained closed as of yesterday night.





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City smoking out illegal hookah bars

Double apple tobacco smoke might smell and taste nicer than cigarette smoke, but city officials say it's just as dangerous. They're targeting Ottawa bars and restaurants where people go to inhale it, saying they're concerned it's a rising trend among youth.

Last month, city and provincial inspectors tested the products sold at four water-pipe (hookah) bars in Ottawa and each was fined for illegally selling tobacco.

Using a water-pipe isn't illegal, but the same laws that apply to cigarettes apply to flavoured tobacco smoked in water pipes, so restaurants can't sell it to customers or let them smoke it inside.

A report being presented to the Ottawa Board of Health today found 17 known hookah bars in the city "and many reports of underground establishments offering tobacco product."

Ottawa Public Health is planning to launch an education campaign about the dangers of water pipes and more inspections are coming, the report says.

© IESSICA SMITH





Newcomers score citizenships

Venezuelan embassy, Chinese Community Service and others form soccer teams in Community Cup



The buzzing sound of vuvuzelas filled Brewer Park yesterday, making it feel like the World Cup came to Ottawa for a day.

About 2,000 people showed up for the seventh annual Community Cup, which brought several of the city's diverse communities together through soccer matches and good sportsmanship.

Silvia Sant'anna, from Brazil, came with her husband and a friend to play for the Catholic Immigration Centre "C-Stars" team.

You have people from different cultures, different professions — it's very good and I like to do outdoor activities," said Sant'anna after her team won

"I came here to get a better life and to help my family back home." AMINATA CISSOKO,

NEW CANADIAN CITIZEN

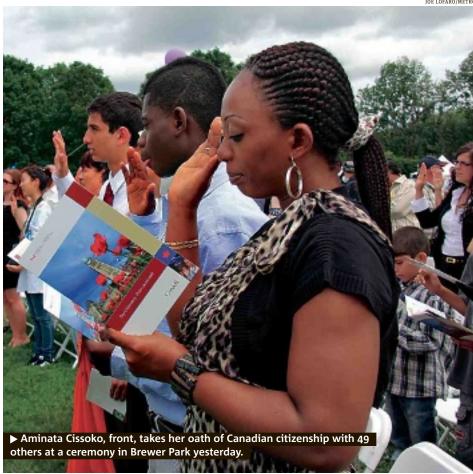
The São Paulo native has lived in Ottawa since March 2010 and plans to make

Canada her new home.

Fifty newcomers to Canada did just that in the park during an official citizenship ceremony led by Citizenship Judge George Springate.

Aminata Cissoko's family watched as the woman originally from Ivory Coast hands shook with Springate and then received her citizenship certificate.

"I'm really, really happy because I've been waiting for that since three years,







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Raising a gender-neutral society

◆ Breaking down gender roles is a core mission in Sweden's preschool curriculum ◆ Not everyone on board

At the Egalia preschool in Stockholm, staff avoid using words like "him" or "her" and address the 33 kids as "friends" rather than girls and boys.

From the colour and placement of toys to the choice of books, every detail has been carefully planned to make sure the children don't fall into gender stereotypes.

"Society expects girls to be girly, nice and pretty, and boys to be manly, rough and outgoing," says Jenny Johnsson, a 31-yearold teacher. "Egalia gives them a fantastic opportunity to be whoever they want to be."

The preschool is among the most radical examples of Sweden's efforts to engineer equality between the sexes from childhood onward. The associated press

Too far?

- Some parents worry things have gone too far. An obsession with obliterating gender roles, they say, could make the children confused and ill-prepared to face the world outside kindergarten.
- "Different gender roles aren't problematic as long as they are equally valued," says Tanja Bergkvist, a 37year-old blogger and a leading voice against what she calls "gender madness" in Sweden.
- ➤ Those bent on shattering gender roles "say there's a hierarchy where everything that boys do is given higher value, but I wonder who decides that it has higher value," she says. "Why is there higher value in playing with cars?"



Calgary teen to be youngest space traveller?

A Canadian teen could become the youngest person ever to go into space.

The 17-year-old Calgary boy is among hundreds of space tourists who have already reserved their place for a flight into the cosmos.

So far, 440 individuals have paid deposits for trips aboard billionaire Sir Richard Branson's Virgin Galactic spaceships and are waiting for final tests to be completed.

The teenager didn't want to be identified.

While many teenagers expect to get their driver's licence when they turn 16, travel agent Michael Broadhurst says the young Calgarian was already looking beyond the horizon.

"He had the money for the space trip put down for him when he was 16," Broadhurst said. "He's 17



now and he will fly at 18.

"He is actually the only one at the moment who is under 18 on the list."

Virgin Galactic won't fly anvone under 18.

The travel agent says it could be another year or two before the teenager, who will be accompanied by a parent, will actually fly, but in the meantime his family doesn't want him doing any interviews.

The Space Today website says Russian cosmonaut Gherman Titov was the youngest person ever to go to orbit. He flew in August 1961 at the age of 25.

According to Virgin Galactic, 23 Canadians — 17 men and six women — are among the space voyagers who have reserved a flight, which costs \$200,000 US for each traveller.

THE CANADIAN PRESS

Israel under fire for media-ban threat

Israel yesterday threatened to ban international journalists for up to a decade if they join a flotilla planning to breach the Israeli blockade of the Gaza Strip.

The warning reflected Israeli jitters about the international flotilla, which comes just over a year after a similar mission ended in the deaths of nine Turkish activists in clashes with Israeli naval commandos.

Israel is eager to avoid a repeat of last year's raid, which drew heavy international condemnation and ultimately forced Israel to ease its blockade on Hamas-controlled Gaza. Israel says the blockade is needed to prevent Hamas from smuggling weapons into the territory.

The Foreign Press Association, which represents hundreds of journalists working for international news organizations in Is-

rael and the Palestinian territories, condemned the Israeli decision and urged the government to cancel the order.

THE ASSOCIATED PRESS

Opposing views

- Organizers of the flotilla say the mission is necessary to draw attention to the plight of Gaza's 1.6 million residents.
- The Israeli blockade has caused heavy damage to Gaza's economy: Unem-

ployment is estimated at close to 50 per cent, and the territory still suffers from a shortage of badly needed construction materials.

 Israel says there is no humanitarian crisis and says the flotilla is little more than a provocation aimed at stirring up trouble.

Mail to resume by tomorrow

Mail could be moving again by tomorrow following speedy Senate approval of government legislation ordering locked-out Canada Post workers back to their jobs.

During a rare Sunday sitting, senators vigorously debated — but ultimately approved — a bill that sets the stage for resumption of mail service.

The legislation received royal assent just hours later.

As the bill made its way through the Senate, members of the upper chamber heard testimony from federal ministers, Canada Post executives and union members.

Letter sorting should resume today in preparation for delivery tomorrow, Canada Post chief operating officer Jacques Cote told the senators.

THE CANADIAN PRESS

Traveller's spirit and Scotiabank support help Shanghai native start Canadian journey

As the operator of a Shanghai travel agency, Yuxiang Zhang had a love of travel that he put to the test when he decided to move to Canada. But when he faced worries about this colossal trip, he discovered how Scotiabank's multinational team and services can provide a smooth landing.

Mr. Zhang's personal journey began after he visited Becky, his only daughter, who had migrated to Canada in 1999. Seeing how she was enjoying her life in a friendly, multicultural country, he decided to become a family class immigrant.

"I was excited to join my daughter, but I was also unsure about the details, such as how would I move forward without speaking English?" says Mr. Zhang, who also wondered about practical issues such as the process to transfer money to a Canadian bank.

"Before the workshop, I was very worried, but afterwards I felt relieved, and it gave me the courage to move forward," recounts Mr. Zhang, who arranged for his Canadian and U.S. dollar bank accounts with Scotiabank, and applied for a credit card, while still in Shanghai, through the Bank's partnership with China Everbright Bank.

After landing in Toronto in late 2009, Mr. Zhang went alone to the Scotiabank branch at the Steeles & Silverstar location to activate his accounts. Speaking only Mandarin and Russian, he wasn't sure how things would go. Luckily, he was greeted by Isa Ho, Branch Manager, and her multilingual staff. "Surprisingly, it went well, and my accounts and debit card were ready, and my VISA* card came within a week," marvels Mr. Zhang.

Isa, a Canadian immigrant who speaks both Cantonese and Mandarin, is well prepared to serve newcomers. She often calls them long distance before they move, to help them prepare. "I tell them about banking options and what are the best schools for their kids,' says Isa, a 31-year veteran of Scotiabank, who still remembers seeing donuts for the first time when she arrived. "When they get here, we answer their questions about Canadian customs, and explain about banking in Canada. Also, since many newcomers want to buy a home, we educate them on Canadian mortgages and how to avoid credit mistakes."

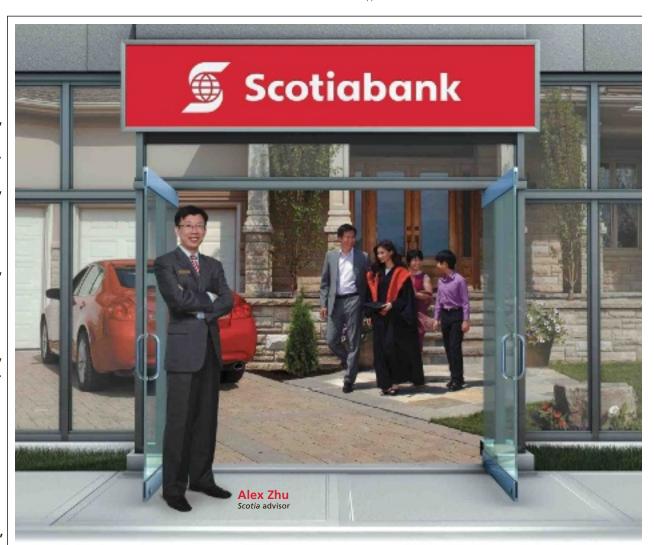
Today, Mr. Zhang is enjoying life in Canada, studying English and preparing to start a tour business for both Chinese and Canadian travellers. During an upcoming visit to China, he will tell others about the opportunities in Canada and "the friendly, open and trustworthy service I experience at Scotiabank."

That's good news for Isa Ho who teaches her Scotiabank team to "Welcome every newcomer with a smile, speak their language, and serve them with our hearts."

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Grads pressured to work for free

● Unpaid internships have taken the place of entry-level jobs ● Some positions illegal, experts say

Young Canadians eager to launch their careers say they're under mounting pressure to take unpaid internships that promise valuable experience and a foot in the door but rarely lead to permanent work.

Unpaid internships are replacing entry-level jobs, experts say, propelled in part by the recession.

But some of these positions are illegal, says Andrew Langille, an employment lawyer in Toronto, because interns are doing work typically performed by paid employees, he says.

Many young grads, while willing to pay their dues at the office, say they can't afford to work for free, particularly while saddled with student loans.

"There's people who say young people expect everything right now, they want this great-paying job," says Heather Bellingham, a 26-year-old from Oshawa, Ont., who



has held a string of unpaid internships since graduating from a film and television college program. "I don't expect a lot — I would love minimum wage."

THE CANADIAN PRES

More cuts needed for Greece

Germany's Finance Minister Wolfgang Schaeuble warned today that Greece will not receive its next tranche of international aid unless its parliament

passes a fresh austerity package this week. At the same time, Schaeuble said he was "confident" that a majority of Greek legislators would pass the next raft of spending cuts and tax hikes Wednesday and called on the opposition to support the government in Athens.

THE CANADIAN PRESS



Backing to keep RIM in motion

Even though at least two companies have recently said they're done making apps for Research in Motion, veteran developers believe there's no reason to bail on the embattled Canadian company..

Hacker group folds

A publicity-seeking hacker group that has left a trail of sabotaged websites over the last two months, including attacks on law enforcement and releases of private data, said unexpectedly on Saturday it is dissolving itself.

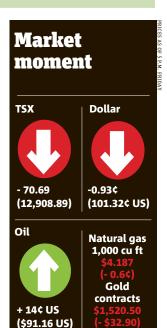
Lulz Security made its announcement through its Twitter account. It gave no reason for the disbandment, but it could be a sign of nerves in the face of law enforcement investigations. Rival hackers have also joined in the hunt, releasing information they say could point to the identities of the six-member group.

LulzSec claimed hacks

on major entertainment companies, FBI partner organizations, the CIA, the U.S. Senate and a pornography website.

Kevin Mitnick, a security consultant and former hacker, said the group had probably concluded that the more they kept up their activities, the greater the chance that one of them would make some mistake that would enable authorities to catch them. They've inspired copycat groups around the globe, he noted, which means similar attacks are likely to continue even without LulzSec.

THE ASSOCIATED PRESS

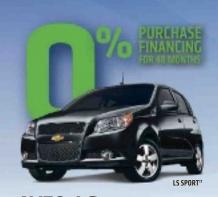








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Not many city dwellers were likely shocked by a new study, published in Nature, which seems to show that our brains function differently than those of our

rural cousins when we're under stress. Living in cities appears to be changing

Rural and urban study subjects were hooked up to a brain imager and given a timed math test with questions rigged to produce failure, all while receiving

negative feedback through headphones as to how poorly they were doing.

People who lived in cities and those who had grown up in them showed significantly more activity in the amygdala and cingulated cortex, parts of the brain that process stress. (As a city slicker who grew up semi-rural and profoundly non-mathletic, just reading

about this ordeal made my amygdala sweat).

"People who lived in cities and those who had grown up in them showed significantly more activity in the amygdala and cingulated cortex, parts of the brain that process stress."

Previous studies have indicated that city folk are at increased risk of anxiety, schizophrenia and mood disorders, and it's been forty years since Desmond Morris documented the uneasy transformation of a species wired as tribal hunter-gatherers into urban driver-shoppers in The Human Zoo. His title came from the striking number of parallels between the beĥaviour of modern humans and of animals in

Every time you're cut off on the Queensway or trying to sleep through a car alarm, you could be forgiven for wondering if living here is driving you slightly bonkers

Perhaps, though, that study shows we're not just more vulnerable to stress but more attuned, accustomed to cranking up our systems to deal with challenge. I find visitors from my hometown are often overwhelmed by driving in the city, maybe because their reactions haven't been amped up to urban voltage with a daily stream of annoyances and petty

For Andrew Fainer, acting CEO of the Canadian Mental Health Association's Ottawa branch, a major threat to mental well-being is that most urban and material of problems, homelessness.

Housing is a huge, huge issue for people," he said "And a big, big part of our work is getting people housing because how can you be well if you don't have a

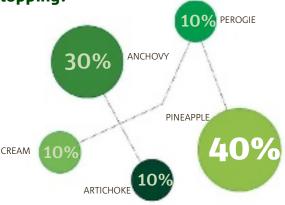
Evidence suggests all is not bucolic splendour outside the city, either. A Champlain LHIN survey released this spring found the highest levels of youth stress, depression and binge drinking in the region in the rural areas of Lanark, Leeds and Grenville.

Still, taking no chances, I'm off to the cottage. See vou crazies next week.



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What's the most underrated pizza topping?



Local tweets



▶ @Tanante: Ever wonder what happens to a house after

a lightning strike? Sadly, one of our neighbour's found out. #gatineau http://twitpic.com/5h6494

- **@haggaret:** instead of a loop in Gatineau this morning - looks like I'll be cycling to Orleans early this afternoon
- @TheOttawaRoyals: @sincy12 #Congratulations from all of us at the Ottawa Royals on your amazing history-making

goal today. #can #fwwc #canwnt

- **@Croftca:** Good game, Canada. Should be proud of 2-1 loss to GER! #CAN-WNT #FWWC #FIFA
- @GillianDaws: + kept up intensity right thru 2 whistle► MT"@CdnSoccerBlog: Our captain got her nose broken, then scored a highlight-reel goal. #can-
- ▶ @iamsas: Christine Sinclair breaks her nose; stays in game despite doctors' advice; goes on to score Canada's first goal of the world cup. #mynewhero

Worth Mentioning

universe. NASA says a newly discovered asteroid will have a close encounter with Earth today, but there's no need to worry.

The space agency's Near-Earth Object Program Office says the small space rock dubbed 2011 MD — will pass 12,000 kilometres above Earth's surface over the southern Atlantic Ocean at about 9:30 a.m. ET.

Though it will come close, it's not a distance record holder.

Earlier this year, a tiny asteroid flew by even closer — within 5,500 kilometres.

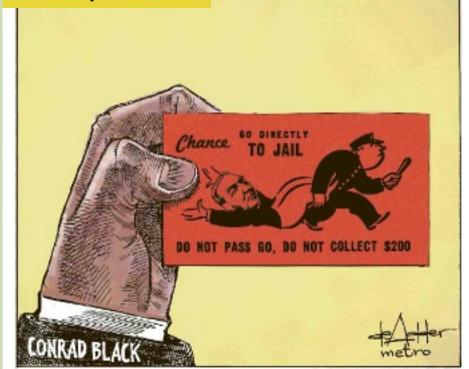
The International **Business Times report**ed that 2011 MD will be the fifth-closest asteroid to graze past Earth.

The latest asteroid measures 10 metres long and was discovered last week by telescopes in New Mexi-

Scientists say asteroids this size sail past Earth every six

The asteroid will briefly be bright enough that mediumsize telescopes may be able to spot it.
THE ASSOCIATED PRESS

Cartoon by Michael de Adder



The award for world's ugliest dog goes to...

Yoda's short tufts of hair, protruding tongue, and long, seemingly hairless legs were enough to earn it the World's Ugliest Dog title at a Northern California

The 14-year-old Chinese crested and Chihuahua mix won the | honour Friday at the 23rd annual contest at the Sonoma Marin Fair.

Owner Terry Schumacher of Hanford, Calif., says the two-pound dog has come a long way since she was found abandoned behind an apartment building. Schumacher says she first thought the pooch was a rat.

Yoda's distinction comes a year after a one-eyed Chihuahua named Princess Abby claimed victory. A pedigree Chinese crested won in 2008 and another Chinese crested and Chihuahua mix was the ugliest in 2007.

In past years, the winner's owner received \$1,000. The associated press





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Film director in Moscow — to spite his grandpa

Director jokes he has an old family feud to settle in Russia



Russian movie fans were the first to see the third installment of the Transformers franchise — Transformers: Dark of the Moon — a glammed-up, premiere which opened the 33rd Moscow International Film Festival.

Stars from the \$200-million, 3D extravaganza gleefully soaked up the dizzying ambience of the Russian capital's city-space, from the rooftop of the Ritz Carlton Hotel overlooking Red Square and the Kremlin, especial-

ly Michael Bay.

"You know, my grand-dad was from Russia," the 46-yeard-old director of the series confessed to reporters. "My granddad always said nothing good would come out of me and that all my life I'd work as a PE teacher. And so to spite him, I am holding the premiere in Moscow."

At the global press junket it was the irresistible John Malkovich who received the most attention from the Russian press; Malkovich has registered a stream of visits to the country that he almost considered a part of Russia's movie stardom. This time, the 57-year-old arrived with a lady and two children.

"What will you show your kids in Moscow?" one reporter asked. Malkovich laughed off the question. "I didn't know that my kids were here," he said with a wry smile. "But if you see them around in the city, please tell them to urgently call me!"

But the Muscovite media circus wasn't done with their quizzing. Everyone was interested to know if Bay was not afraid in shooting the third Transformers movie,

after the second had been labeled worst movie of the year in many circles. "I find this particular question offensive, but nevertheless, I will thrive to answer it," Bay began. "Millions flocked to the theatres to see the second movie — not bad for the 'worst movie of the year,' right?"

Then Bay parries the question. "It's interesting — will the 'best movie of the year' be able to brag about something similar? As for the third movie, thanks to many innovations, has in my view turned out to be even better."



ANDREI SVITAILO / METRO MOSCOW

- Victoria's Secret model Rosie Huntington-Whiteley replaced Megan Fox as Shia LaBeouf's love interest in Transformers 3.
- Of the duo, LaBeouf says "Megan and Rosie are completely different. I like them both. We miss Megan, but with Rosie we have a completely different role, and she has handled herself excellently!"
- ▶ Huntington-Whiteley was thrilled to play the part. "I was ecstatic when they invited me to play in the movie. Everyone there was simply wonderful! They all helped so much!"



Box office

Pixar Animation remains undefeated at the box office.
Disney's sequel Cars 2 cruised to a No. 1 finish, with a \$68 million opening weekend. That means a 12-row win for Pixar since '95s Toy Story. Cars 2 nearly matched the \$68.1 million debut of Up, but fell behind 2010'S Toy Story 3.

THE ASSOCIATED PRESS



La Toya Jackson says Michael feared he'd be killed over his catalogue. Scan this code or visit metronews.ca/scene for more news.

Bollywood shines in Canada

Bollywood bombarded its Canadian fans with a glittering, multi-coloured carnival of song, dance and glamour as India's starstudded version of the Oscars made its North American debut Saturday, capping the South Asian showcase with an appearance by U.S. actors Hilary Swank and a Cuba Gooding Jr.

The five-hour bash, hosted by the International Indian Film Academy, paraded its biggest matinee idols in a boisterous spectacle that kicked off with a series of welcoming remarks and unscripted banter between Bollywood king Shah Rukh Khan and



co-hosts Boman Irani and Ritesh Deshmukh

It closed with a taste of Hollywood, as Slumdog Millionaire star Anil Kapoor escorted Swank onto the stage to present a best actor award to Shah Rukh Khan for the 9/11 melodrama, My Name is Khan

"Namaste, Toronto. Na-

maste, India. Namaste, world," Swank said.

"Hollywood and Indian cinema must bring the world closer together. I believe in IIFA's vision — one people, one world."

Later, Gooding broke into an impromptu moon-walk before handing out a best director trophy to Karan Johar for My Name is Khan, and expressing appreciation for Indian film.

"I think it's absolutely wonderful how India has travelled the world of entertainment and I would love love to play and be a part of a Bollywood movie myself," said Gooding, who twirled for the fans.

The show capped a

three-day campaign to deepen Bollywood's global fanbase with an annual celebration commonly known as the IIFAs. Kapoor offered an enthusiastic greeting to the largely South Asian audience early in the night.

"For the first time in its 12-year history IIFA makes its North American debut and its biggest stars are you," Kapoor said.

"Thank you Ontario. Thank you so much for making us feel the warmth in Canada."

The events included a film festival, music workshop, business forum, fashion show and rock concert across the GTA.

THE CANADIAN PRESS





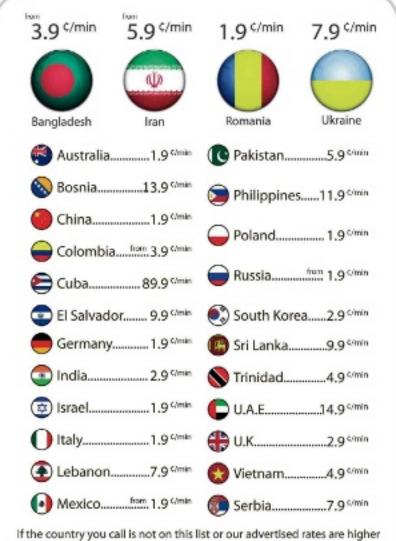
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Celebrity tweets



doing well · ur shrink hugs u for a long time after ur session"



sleep is overrated anvwav

"We took the boys to see Sing Along Grease at the Hollywood Bowl, it was AMAZING!!!!!!"

"i think i have lost it! i have been

walking around all day thinking it was friday!"

Did Lilo just drink tea?

Lindsay Lohan is speaking out after her most recent court appearance last week.

"I am responsible, and I'm following the rules and obeying my judge and the Los Angeles judicial system," the troubled actress, currently under house arrest, tells TMZ.

"I'd like to do what I

must to get my film career back and the respect of directors, actors, writers, studio heads, fans and so on."

While Lohan tested positive for alcohol earlier this month, she maintains it was due to her favourite kombucha tea, a fermented drink containing less than 0.05 per cent alcohol.

Bond star weds Rachel Weisz in secret ceremony

The British actors had been quietly dating since last November The pair play a married couple in the unreleased film Dream House

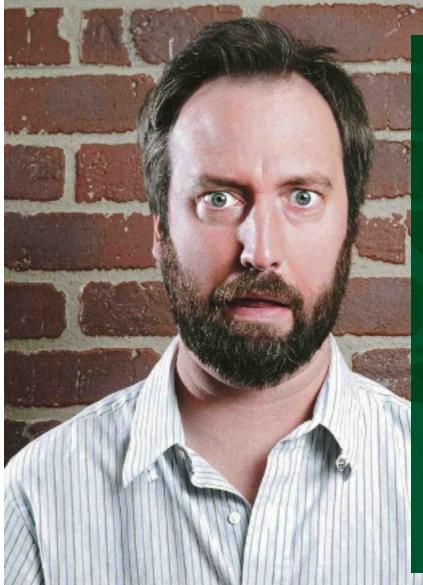
Daniel Craig and Rachel Weisz reportedly tied the knot last week in a supersecret wedding, according to People magazine.

The stars' hush-hush ceremony in New York City was attended by just four guests, including Craig's 18-year-old daughter and Weisz's 4-year-old

The pair has never spoken publicly about their relationship, though rumours of their romance began shortly after Weisz's split from Black Swan director Darren Aronovsky last November. • metro



metr



Metro Ottawa is hosting Tom Green Day, Tuesday June 28th in front of HMV at 115 Sparks St. between 8AM and 9AM. Stop by and say Hi to Tom, pick up a paper and enter our contest!

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Enter to win at the Metro tent in front of HMV on Sparks Street! Contest runs between 8AM and 9AM on Tuesday, June 28th.





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Stressed & pregnant

◆ As the pregnant wife of disgraced U.S. congressman Anthony Weiner, Huma Abedin has had a long few weeks ◆ It got us wondering: How does extreme stress affect one's baby-to-be?





METRO WORLD NEWS

U.S. congressman Anthony Weiner recently resigned from office after sending lewd comments and photos to young women — and lying about it after getting caught by the press.

It was a shocking fall for a brash but effective politician — shocking more so because his wife, Huma Abedin, an aide to Secretary of State Hillary Rodham Clinton, is reportedly in the early stages of pregnancy.

As parents, we wondered what affect the ongoing stress of a scandal might have on her baby.

All the mom-to-be books say you should try to reduce stress during the nine "Extreme stress in pregnancy can lead to preterm delivery and low birth weight babies. And there may even be some evidence that it can lead to miscarriage."

DR. ARI BROWN, PEDIATRICIAN AND CO-AUTHOR OF EXPECTING 411 $\,$

nonths.

"It takes extreme amounts of stress to affect a pregnancy," says Dr. Ari Brown, a pediatrician and co-author of Expecting 411. "By extreme, this means divorce, death of a family member, major financial disaster or loss of home by fire. The day-to-day stresses of a job or home life that most of us experience is not enough to worry about."

Depending on your perspective, Weiner's behav-

iour might fall into the "extreme" category.

"We all process stressful situations differently," says Brown. "In the case of this particular situation, it is surely stressful for any pregnant woman to endure the emotional infidelity of her husband both privately and publicly.

"But, it would only be pure speculation how the two of them are handling this in the context of their relationship. And, frankly, it is none of our business!" "What we do know medically," Brown continues, "is that extreme stress in pregnancy can lead to preterm delivery and low birth weight babies. And there may even be some evidence that it can lead to miscarriage."

One study in 2008 showed there might be a link between maternal stress and schizophrenia later in life.

"Stress increases the release of a hormone called cortisol, which is currently being investigated as the link to miscarriage, preterm labour, and unfortunate pregnancy outcomes," says Brown.

The moral of this story (and you don't need a medical study to prove it): If you're a father-to-be, don't cheat on your wife!

How to deal

Feeling stressed during pregnancy? Here are some tips seen in Expectancy

- 1 Remember your hormone levels are elevated, so situations you may have been able to handle before may now overwhelm you.
- 2 Do activities that have traditionally decreased your stress levels: yoga, meditation, acupuncture.
- Read a pregnancy book you trust, and call your doctor if anything seems wrong. No use stressing about your stress.



You need this



Wildchords

Soon, you (or your child) can take guitar lessons without the expensive guitar teacher. This app for your iPad recognizes the chords you play on your real-life guitar. Strum the right chord and the animated animals dance.

A new study shows

92%

of working moms feel overwhelmed by their responsibilities, while 89 per cent of stay-athome moms feel the same. Almost 30 per cent said they do all household chores. ForbesWoman and thebump.com conducted the study.



Trivial trinkets or just reward: Should new moms expect push

The not-so-sinful deviled eggs

This healthy version of the summer picnic and barbecue staple makes it more angelic than devilish

Devilled eggs are a classic accompaniment to summer picnics and barbecues. But they generally are loaded with fat and calories from the egg yolks and mayonnaise.

We set out to remake the filling to be flavourful, yet pack significantly less guilt. Egg yolks do have great nutritional value; the majority of an egg's vitamins and minerals are actually found in the yolk. But along with those nutrients are plenty of fat and cholesterol.

To lower the fat and cholesterol but keep the luscious flavour, we opted to use just some of the yolks. For the creaminess associated with mayonnaise, we use a combination of low-fat mayonnise and pureed low-fat cottage cheese.

The cottage cheese may sound a little off-putting, but it's a great trick for when you need something thick, creamy and low-fat.

With a relatively neutral flavour, it can be combined with other ingredients, such as fresh herbs, to be used in place of mayonnaise, even as a sandwich spread.

Preparation:

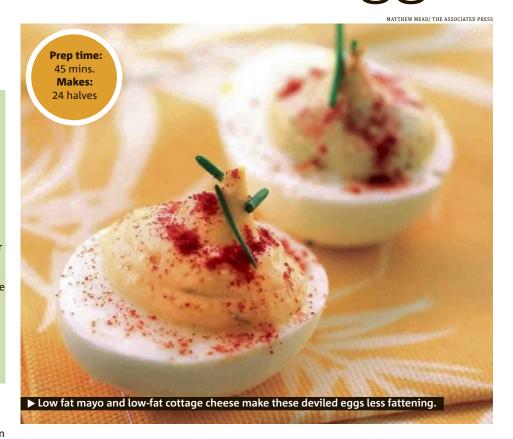
- Place eggs in a large saucepan and fill with cool water. Cover pan and bring to a boil over medium-high heat. Remove pan from heat and let sit for 15 minutes. Drain hot water, leaving eggs in pan. Fill pan with cold water and a cup of ice. Let eggs cool completely.
- Meanwhile, in a food processor, combine cottage cheese, mayonnaise, mustard, vinegar and horseradish. Purée until

Ingredients:

- 12 large eggs
- Ice
- 125 ml (1/2 cup) low-fat cottage cheese
- 45 ml (3 tbsp) low-fat mayonnaise
- 15 ml (1 tbsp) Dijon mustard
- 10 ml (2 tsp) cider vinegar
- 15 ml (1 tbsp) prepared horseradish
- 15 ml (1 tbsp) sweet pickle relish
- Salt and ground black pepper, to taste
- Fresh chives, to garnish
- Smoked paprika, to garnish

smooth. Set aside.

Peel eggs but keep them intact. Slice eggs in half lengthwise. Retain egg whites. Discard half of the yolks.

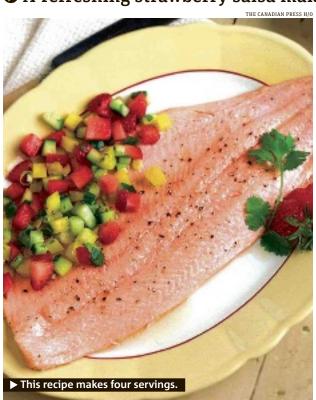


In a medium bowl, mash remaining yolks. Add puréed dressing mixture and relish. Stir to combine, then season with

salt and black pepper. Using a pastry bag or a zip-close bag with the corner cut off, or using a spoon, refill wells in the egg whites. Garnish tops with a sprinkle of smoked paprika and some chopped chives. THE ASSOCIATED PRESS

Trout gets colour treatment

• A refreshing strawberry salsa makes a great companion for grilled fish



Preparation:

In a medium bowl, stir together yellow pepper, cucumber, onions and coriander. In a small bowl, whisk together vinegar, oil, salt and pepper; pour over vegetables and gently stir to coat. Cover and refrigerate for at least 1 hour. Just before serving, stir in strawberries.

Pish: Brush trout with oil; sprinkle with salt

greased grill over low heat; close lid and cook until fish is opaque and flakes easily when tested with a fork, about 15 minutes. Do not turn. Insert spatula between skin and flesh, removing flesh and leaving skin on grill. (When grill cools,

and pepper. Place fillets,

skin side down, on

THE CANADIAN PRESS/ FOODLAND ONTARIO

it will come off easily.)

Ingredients: • 15 m

- Half greenhouse sweet

 vellow penner finally dised.
- yellow pepper, finely diced
 Half greenhouse cucum-
- ber (unpeeled), finely diced50 ml (1/4 cup) sliced
- green onions
 30 ml (2 tbsp) chopped fresh coriander
- 30 ml (2 tbsp) rice vinegar

Serve with salsa.

- 15 ml (1 tbsp) vegetable oil
- Salt and pepper, to taste
 375 ml (1 1/2 cups) straws
- 375 ml (1 1/2 cups) strav berries, hulled and diced **Fish**
- 1 kg (2 lb) rainbow trout fillets (with skin)
- Salt and pepper, to taste

Potato Salad with Smoked Trout

Preparation:

In pot, place potatoes. Add enough cool water to cover by 2.5 cm (1 inch), then salt water. Bring to boil and cook until tender. Drain potatoes; rinse under cool water. Cool and dry.

Ingredients:

- 1 kg (2 lb) fingerling potatoes
- Salt
- 125 g (4 oz) watercress500 g (1 lb) smoked
- trout
 250 ml (1 cup) creme
 fraiche or sour cream
- 15 ml (1 tbsp) Dijon mustard
- Ground black pepper
- 12 fresh chives, chopped
 1 Grappy Smith apple
- 1 Granny Smith apple, cored and thinly sliced
- Juice of 1 lemon45 ml (3 thsp) extra
- 45 ml (3 tbsp) extra-virgin olive oil, divided

- Fill bowl with ice water. Add watercress and set aside to crisp. Meanwhile, remove skin and bones from trout, then flake flesh into chunks. Set aside.
- In bowl, mix creme fraiche and mustard. Season with salt and pepper. When potatoes dry, slice into 1-cm (1/2-inch) pieces. Add to creme fraiche mixture, toss to coat.
- Drain, dry watercress.
 In bowl combine it,
 trout, chives, apple,
 lemon juice and 30 ml
 (2 tbsp) of oil. Toss.
- To serve, arrange quarter of potatoes on each plate, top with watercress-trout mix. Drizzle with a bit of olive oil.

 THE ASSOCIATED PRESS/
 MY GRILL: OUTDOOR COOKING AUSTRALIAN STYLE BY
 PETE EVANS

One career for a lifetime?

◆ The film Larry Crowne paints a picture of a man who's forced to pursue an entirely different career path after losing his job
 ◆ He heads back to college and rediscovers himself
 ◆ What if you had the choice to start again?
 ◆ Former Associated Press journalist Jessica Mintz explains how, and why, she made the decision to start over

We all have those moments: The alarm goes off, and we think, "Do I really have to go to work today?"

Most of the time, reason and routine win. We dismiss the thought, hop out of bed, hit the shower, have a coffee and merge into the morning commute.

Sometimes, though, we stop and really consider the question. Maybe we're burned out or unhappy with the job. Maybe we had abandoned a childhood dream or found a new passion along the way. And thanks to luck, financial planning and the support of loved ones – or maybe just a high tolerance for risk – we realize: Quitting is an option.

When I tell people I quit my job as a reporter for The Associated Press to become a veterinarian – that I am taking the first of a zillion pre-vet science classes in a plan that now extends into the year 2020 – many say they wish they could take that plunge.

I think the reason so many don't is that it's painful to admit we made a mistake. And quitting, well, isn't that just another word for failing?

Recently I adopted a mutt from the shelter and started volunteering there. When she was hurt in an accident, I spent a lot of time talking to surgeons and rehab specialists. That's when the idea of

Taking the leap

When Pamela Bleisch landed a dream tenuretrack job at Boston University, she found herself feeling isolated, drowning under pressure to publish. So she got a graduate degree in library sciences instead. Her advice to others contemplating a big leap?

Take a personality test early in your career. Bleisch took one when she already wasn't happy teaching and learned that as an introvert, she needed more time alone. Knowing that might have helped her stay in teaching longer, because she might have planned for more time alone.

ditching the career I had pursued for more than a decade took hold

I found countless reasons to doubt my motives. Was I mistaking the pleasure of a new hobby for a calling? Would I be trading the petty complaints about one job for similar gripes about another?

Changing careers is not uncommon, as it turns out; Americans typically do it five to seven times in their lives, and increasingly, they are seeking more meaningful work, said Kimberly Key, president of the National Employment Counseling Association.



"You didn't see this 25 to 50 years ago. People weren't trying to have meaningful careers. They were trying to focus on family, survive, and take care of the next generations," Key said. "As we evolved as a society, in our thirst for work, to survive, to grow, to be the best, to compete in the world, we lost something."

There also is an ongoing shift in the type of jobs available, from full-time positions to contract ones. Jobs that offer lifelong security and benefits are becoming endangered, Key said Rather than see this as

a negative, though, she thinks that accepting it can remove the stress and shame of changing careers.

Take AnneMette Lavery, who after 12 unhappy years as a health-care analyst joined the Foreign Service and was posted to Beijing, only to realize it made her miserable. What she eventually found she loved was teaching yoga, and she formed a new plan to become an instructor and certified life coach.

"This job is the only job I have ever had in my life that I actually like, not to mention love," said Lavery.

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Transforming tragedy into triumph

• After a tragic loss, Sam Bouji dedicated himself to helping others • The result is a highly successful business

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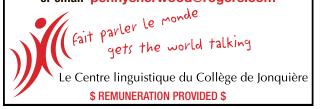
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TURNING **POINT**

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Sam Bouji arrived from Egypt in 1989 with a young family and big hopes for

the future.

In Canada for only a year, the Bouji family suffered a tragic loss when their four-year-old daughter drowned in a swimming pool accident.

Sam was devastated but realized he had to change his life if he were to save his family."I will never forget but I had to move for-

Sam threw himself into work with a vengeance, starting his own sales agency in his basement,

Sam's advice

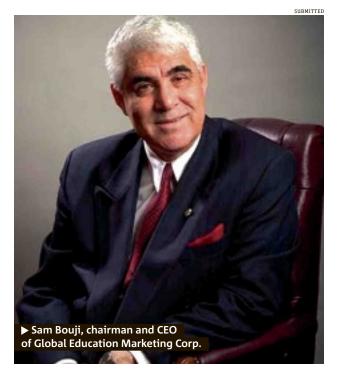
- Come up with a plan, be patient and always persevere.
- People who think they can outsmart others in life will not make it.
- Help others achiever their goals.
- Have a peaceful life.

amassing a huge salesforce and eventually establishing Global Education Mar-

keting Corp.
Today, his company services 250,000 clients, but his proudest achievement is the 15,000 young people who have graduated from university and college with no debt.

"It brings me so much joy when I see my employees helping others and making changes in other people's lives."

Sam Bouji's story is a tri-



umph over tragedy and a true testament to the power of the human spirit.

"The older I get the

more productive and wiser I become. I'm not retiring until 2053. That's the year

5 hottest career opportunities

Here are five fast-growing jobs that may be of interest to new grads and second-career seekers.

Massage therapist

Massage is a young industry that's growing by leaps and bounds as more people learn about the benefits of massage therapy. Job prospects are bright, the occupation lends itself to

part-time work, and training is affordable.

Social media strategist

The social media field is starting to take off, jobwise, as companies embrace a new type of marketing. Recent grads have the edge as employers seek members of the younger generation to help target that demographic.

Accountants now do everything from audits and budgets to financial planning and analysis to advising companies as they create new products and services.

IT professional

Despite some layoffs and outsourcing of domestic jobs, work in the computer and IT-related fields continues to expand rapidly with no end in sight.

Caregiver for seniors

lobs in senior care pay far less at \$10 to \$12 an hour than those of registered nurses and physician assistants, two of the most indemand jobs in health care. But they are much easier to qualify for.

THE ASSOCIATED PRESS



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LGONQUIN CAREERS ACADEMY

Romero a double threat as Jays sweep Cardinals

The Toronto Blue Jays expected Ricky Romero to go deep into the game.
Getting a major contribution from his bat was a huge bonus.

Romero threw a fourhitter for his second career shutout and helped break it open with his first career hit as the Blue Jays whipped the St. Louis Cardinals 5-0 yesterday for a three-game sweep.

"I'm not a good hitter," Romero said. "So it definitely feels good to help myself out in that situation."

J.P. Arencibia homered and Yunel Escobar had two hits and an RBI for the Blue Jays, who had lost four in a row before arriving at Busch Stadium. All three starters worked at least six innings for Toronto, which climbed back to .500 and earned its first series sweep since May 13-15 at Minnesota.

Manager John Farrell said he anticipated in spring training that Romero would assume a leadership role in the rotation, and hasn't been disappointed.

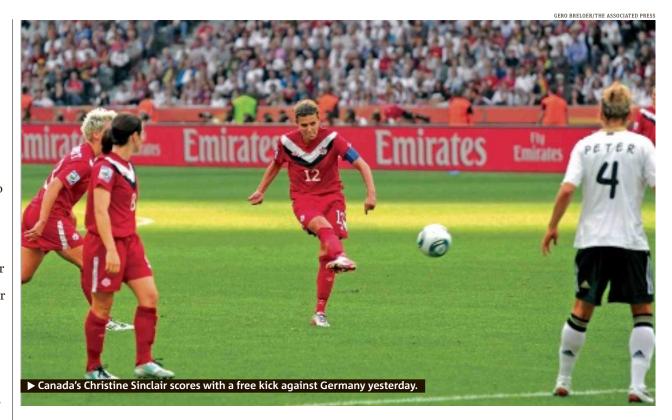
"He's the lead guy and guys follow his example," Farrell said. "He's on a very good run in terms of total innings pitched, but yet you look at total number of pitches thrown, he's been very efficient for the better part of two months."

The Cardinals wound up with a 3-6 homestand and have lost 12-of-15 overall. They are 1-5 since Albert Pujols was sidelined for an anticipated six weeks with a broken left wrist, and have scored three or fewer runs in four of those games. THE ASSOCIATED PRESS

The sweep

The Blue Jays beat the Cardinals 6-3 on Saturday night, and Jose Bautista hit his 23rd home run on Friday as the Jays won 5-4.

The Blue Jays finished 5-4 on the road in interleague play, their first winning record since 2000.



A goal, but no win

◆ Christine Sinclair gets ball into German net, but Canadians drop World Cup opener 2-1 to two-time defending champion

She busted her nose and then bent it like Beckham. And then simply for effect, Canada's star striker Christine Sinclair blew a kiss to her coach.

Sporting a crooked nose and a well-deserved black captain's armband, Sinclair scored Canada's lone goal on a lovely bending free kick yesterday as the sixthranked Canadians opened the 2011 Women's World Cup with a 2-1 loss to two-time defending champion Germany.

"That's Sinky," said Canadian striker Melissa Tancredi. "She plays through anything, which is what a captain should do."

Sinclair's goal in the 82nd minute — No. 117 of



her illustrious career — marked the first the mighty German side had conceded in a World Cup tournament since 2003. It also came 34 minutes after Canada's powerful five-foot-nine striker was knocked to her knees, plowed in the face by an elbow from Babett Peter.

"I looked at (Sinclair) — she takes the front post on corners — and thought, 'Oh my. Her nose is like a big zig-zag,'" said Canada's

goalkeeper Erin Mcleod. "I said, 'Do you really want to still be here?' And she said, 'Yeah, I got it.'

"She's tough. She wears the armband for a reason."

The 28-year-old Sinclair was down on all fours on the Olympiastadion grass for several minutes after the harsh blow, for which no foul was given, and then was helped to the sidelines where she argued with a Canadian medical official to let her go back into the game. She swatted away his hand and said, "I'm fine. Don't touch me."

Canada's coach Carolina Morace was advised to pull her out of the game, the medical official bending Sinclair's nose to display the damage. But the Burnaby, B.C., native was back in the game moments later, and Morace has no doubt her gutsy captain will be back on the pitch Thursday when the Canadians take on France.

"What do you think? If she played today with the nose broken, do you think I can take her off the field next time?" the Italian coach said with a laugh.

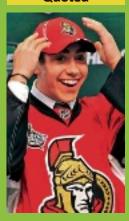
Sinclair was sent to a nearby Berlin hospital immediately after the game, and Morace said she'll likely wear a protective mask in the next game.

"It doesn't look the prettiest right now," Tancredi said, with a giggle.

THE CANADIAN PRESS

sports

Quoted



"I had a feeling, but there were some good players battling for that spot and to go that early is an amazing feeling. I'll do everything I can to work hard and make the team."

SWEDISH CENTRE MIKA
ZIBANEJAD, PICTURED,
AFTER BEING DRAFTED BY
OTTAWA WITH THE NO. 6
PICK ON FRIDAY. THE
SENATORS FOLLOWED THAT
UP BY TAKING PLYMOUTH
WHALERS RIGHT-WINGER
STEFAN NOESEN AT NO. 21
AND PETERBOROUGH PETES
LEFT-WINGER MATT
PUEMPEL AT NO. 24.

Inglorious captures plate

The girl showed yesterday she's not only capable of running with the boys, she can beat them, too.

Sitting 10th through three-quarters of a mile, Inglorious showed a fabulous late kick to capture an impressive 2½-length win in the \$1-million Queen's Plate at Woodbine Racetrack in Toronto. Inglorious became just

\$1.2M inglorious's career earnings after winning five of her seven career starts.

the 34th filly and first in 10 years to capture the first jewel of Canada's Triple Crown and earn trainer Josie Carroll her second career victory.

Carroll became the first

female trainer to win the Queen's Plate in 2006, that coming with Edenwold. Carroll said winning a second with a filly was indeed special.

"You can't compare them, they're both wonderful in their own way," she said. "It's very special but you never forget your first. either."

THE CANADIAN PRESS





MAJOR LEAGUE BASEBALL

W L Pct GB

AMERICAN LEAGUE

EAST DIVISION

New York	45	31	.592	_
Boston	45	32	.584	1/2
Tampa Bay	44	34	.564	2
Toronto	39	39	.500	7
Baltimore	35	40	.467	91/2
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	42	36	.538	_
Cleveland	40	35	.533	1/2
Chicago	38	41	.481	41/2
Kansas City	33	45	.423	9
Minnesota	32	44	.421	9
WEST DIVISION				
	W	L	Pct	GB
Texas	41	38	.519	_
Los Angeles	39	40	.494	2
Seattle	38	39	.494	2
Oakland	35	44	.443	6

INTERLEAGUE

Yesterday's results Boston 4 Pittsburgh 2 Baltimore 7 Cincinnati 5 Philadelphia 3 Oakland 1 N V Vankoos 6 Colorado / Tampa Bay 14 Houston 10 Kansas City 6 Chicago Cubs 3 Milwaukee 6 Minnesota 2 Washington 2 Chicago White Sox 1 Toronto 5 St. Louis 0

wasnington z Chicago Wnite Sox 1
Toronto 5 St. Louis 0
N.Y. Mets 8 Texas 5
L.A. Dodgers 3 L.A. Angels 2
Cleveland at 5an Francisco
Seattle at Florida
Saturday's results
N.Y. Yankees 8 Colorado 3
San Francisco 1 Cleveland 0
L.A. Angels 6 L.A. Dodgers 1
N.Y. Mets 14 Texas 5
Chicago White Sox 3 Washington 0
Detroit 6 Arizona 0
Pittsburgh 6 Boston 4
Cincinnati 10 Baltimore 5
Oakland 4 Philadelphia 1
Tampa Bay 7 Houston 2
Kansas City 3 Chicago Cubs 2
Milwaukee 11 Minnesota 1
Toronto 6 St. Louis 3
Florida 4 Seattle 2
Tonight's games
All Times Eastern
Toronto (Z. Stewart 0-1) at Detroit (5

All Times Eastern Toronto (2.Stewart 0-1) at Detroit (Scherzer 9-3), 6:05 p.m. Cincinnati (Cueto 5-2) at Tampa Bay (Hellick-Cincillati (cleto 5-2) at Taliipa Bay (riellick son 7-6), 7:10 p.m. L.A. Dodgers (Billingsley 6-6) at Minnesota (Blackburn 6-5), 8:10 p.m. Cleveland (Talbot 2-4) at Arizona (I.Kennedy

as City (Francis 3-8) at San Diego (Latos 4-8), 10:05 p.m. Washington (Lannan 5-5) at L.A. Angels

(E.Santana 3-8), 10:05 p.m. Atlanta (Beachy 2-1) at Seattle (Bedard 4-5),

10:10 p.m.
Tomorrow's games
Boston at Philadelphia, 7:05 p.m.
Milwaukee at N.Y. Yankees, 7:05 p.m.
NY. Mets at Detroit, 7:05 p.m.
St. Louis at Baltimore, 7:05 p.m. Pittsburgh at Toronto, 7:07 p.m. Cincinnati at Tampa Bay, 7:10 p.m. Texas at Houston, 8:05 p.m.
L.A. Dodgers at Minnesota, 8:10 p.m.
Chicago White Sox at Colorado, 8:40 p.m.
Cleveland at Arizona, 9:40 p.m.
Florida at Oakland, 10:05 p.m.

Washington at L.A. Angels, 10:05 p.m. Atlanta at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	49	30	.620	_
Atlanta	44	35	.557	5
Washington	40	38	.513	81/2
New York	39	39	.500	91/2
Florida	34	43	.442	14
CENTRAL DIVISION				
Milwaukee	44	35	.557	_
St. Louis	41	38	.519	3
Pittsburgh	39	38	.506	4
Cincinnati	40	39	.506	4
Chicago	31	46	.403	12
Houston	28	51	.354	16

WEST DIVISION 34 .558 36 .544 39 .494 44 .443 Los Angeles San Diego 34 45 .430 10 Yesterday's result

San Diego 4 Atlanta 1 Atlanta 10 San Diego 1

Today's game Colorado (Chacin 8-4) at Chicago Cubs (Garza

3-6), 2:20 p.m.

San Francisco at Chicago Cubs, 2:20 p.m., 1st game San Francisco at Chicago Cubs, 8:05 p.m., 2nd game

2011 DRAFT SELECTIONS

At St. Paul, Minn. SATURDAY

Second Round
31. Edmonton, David Musil, D, Vancouver
(WHL); 32. St. Louis (from Colorado), Ty Rattie,
RW, Portland (WHL); 33. Florida, Rocco Grimaldi, C, USA U-18. (USHL); 34. NY. Islanders, Scott
Mayfield, D, Youngstown (USHL); 35. Detroit
(from Ottawa), Tomas Jurco, RW, Saint John
(GMJHL); 36. Chicago (from Winnipeg), Adam
Clendening, D, Boston University (Hockey
East); 37. Columbus, Boone Jenner, C, Oshawa
(OHL); 38. Nashville (from New Jersey), Magnus Hellberg, G, Almtuna (Sweden-2); 39. Anahus Hellberg, G, John Gilbson, G, USA U-18
(USHL); 40. Boston (from Minnesota), Alexander Khokhlachev C/IW. Windsor (OHL).

nus Hellberg, G., Almicuna (Sweden)—2, 737, Allarheim (from Toronto), John Gibson, G., USA U-18 (USHL): 40. Boston (from Minnesota), Alexander Khokhlachev C/LW, Windsor (OHL).

41. St. Louis, Dmitrij Jaskin, RW, Slavia (Czech Republic); 42. Carolina, Victor Rask, C, Leksand (Sweden-2); 43. Chicago (from Calgary through Toronto), Brandon Saad, LW, Saginaw (OHL); 44. Dallas, Brett Ritchie, RW, Sarnia (OHL); 45. Calgary (from N.Y. Rangers), Markus Granlund, C, HIFK Jr. (Finland-Jr.); 46. St. Louis (from Buffalo), Joel Edmundson, D, Moose Jaw (WHL); 47. San Jose (from Montreal through Florida), Matthew Nieto, LW, Boston University (Hockey East); 48. Detroit (from Chicago), Xavier Ouelet, D, Montreal (QMJHL); 49. Los Angeles, Christopher Gibson, G, Chicoutimi (QMJHL); 50. N.Y. Islanders (from Montreal), Johan Sundstrom, C, Frolunda (Sweden).

51. Phoenix, Alexander Ruuttu, C, Jokerit Jr. (Finland-Jr.); 52. Nashville, Milkka Salomaki, RW, Karpat (Finland); 53. Anaheim, William Karlsson, C, Vasteras Jr. (Sweden-Jr.); 54. Pittsburgh, Scott Harrington, D, London (OHL); 55. Detroit, Ryan Sproul, D, Sault Ste. Marie (OHL); 56. Phoenix (from Philadelphia), Lucas Lessio, LW, Oshawa (OHL); 57. Calgary (from Washington through Carolina and NY. Rangers), Tyler Wotherspoon, D, Portland (WHL); 58. Tampa Bay, Nikita Kucherov W, CSKA 2 (Russia-Jr.); 59. Florida (from San Jose), Rasmus Bengtsson, D, Rogle (Sweden-2); 60. Minnesota (from Vancouver), Mario Lucia, LW, Wayzata (Minn.) HS. 61. Ottawa (from Boston), Shane Prince, C, Ottawa (OHL).

TENNIS

WIMBLEDON

Saturday's results MEN

Singles — Third Round Rafael Nadal (1), Spain, def. Gilles Muller, Navide Nada (1), 3pail, def. dilles Mullel, Luxembourg, 7-6 (6), 7-6 (5), 6-0. Novak Djokovic (2), Serbia, def. Marcos Bagh-datis (32), Cyprus, 6-4, 4-6, 6-3, 6-4. Roger Federer (3), Switzerland, def. David

Nalbandian (28), Argentina, 6-4, 6-2, 6-4. Bernard Tomic, Australia, def. Robin Soderling (5), Sweden, 6-1, 6-4, 7-5.

Tomas Berdych (6), Czech Republic, def. Alex Bogomolov, Jr., U.S., 6-2, 6-4, 6-3. David Ferrer (7), Spain, def. Karol Beck, Slovakia, 6-4, 6-3, 6-3. Lukasz Kubot, Poland, def. Gael Monfils (9),

France, 6-3, 3-6, 6-3, 6-3. Mardy Fish (10), U.S., def. Robin Haase, Netherlands, 6-3, 6-7 (5), 6-2, 1-1, retired

Xavier Malisse, Belgium, def. Jurgen Melzer (11), Austria, 7-6 (5), 6-3, 6-0. Jo-Wilfried Tsonga (12), France, def. Fernan do Gonzalez, Chile, 6-3, 6-4, 6-3.

Juan Martin del Potro (24), Argentina, def. Gilles Simon (15), France, 7-6 (8), 7-6 (5), 7-5. Mikhail Youzhny (18), Russia, def. Nicolas Al-

magro (16), Spain, 4-6, 6-3, 7-6 (3), 6-3. Michael Llodra (19), France, def. Yen-hsun Lu, Taiwan, 6-3, 6-3, 6-1. Doubles — First Round

Bob and Mike Bryan (1), U.S., def. Maximo Gonzalez, Argentina, and Potito Starace, Italy,

Chris Guccione, Australia, and Adil Shamasdin **Pickering, Ont.**, def. Mark Knowles, Bahamas, and Lukasz Kubot (10), Poland, 1-6, 7-6 (5), 6-4. Grigor Dimitrov, Bulgaria, and Dmitry Tursunov, Russia, def. Flavio Cipolla and Paolo Lorenzi, Italy, 6-3, 6-4.

Alex Bogomolov, Jr., U.S., and Ivo Karlovic, Croatia, def. Jonathan Erlich and Andy Ram, Israel, To Finish 7-6 (2), 7-6 (2), 6-4.

Second Round

Kevin Anderson, South Africa, and Julian Knowle, Austria, def. Max Mirnyi, Belarus, and Daniel Nestor (2), Toronto, 7-6 (2), 7-6 (7), 6-3. Arnaud Clement, France, and Lukas Dlouhy, Czech Republic, def. Mahesh Bhupathi and Leander Paes (3), India, 2-6, 6-3, 7-6 (1), 6-4. Robert Lindstedt, Sweden, and Horia Tecau (8), Romania, def. Julien Benneteau and Nicolas Mahut, France, 6-4, 6-4, 5-7, 7-6 (4). Wesley Moodie, South Africa, and Dick Norman (11), Belgium, def. Jamie Delgado and Jonathan Marray, Britain, 4-6, 7-6 (5), 7-6 (6), 6-2. Juan Ignacio Chela and Eduardo Schwank (12), Argentina, def. Matthias Bachinger and Frank Moser, Germany, 6-2, 7-6 (4), 6-7 (5), 6-7 (6), 6-3. Christopher Kas, Germany, and Alexander Peya, Austria, def. Marcelo Melo and Bruno Soares (13), Brazil, 6-7 (2), 6-1, 6-4, 6-2 James Cerretani, U.S., and Philipp Marx, Germany, def. Daniele Bracciali, Italy, and Frantisek Cermak (16), Czech Republic, 4-6, 7-5, 7-6 (5), 6-4.

WOMEN Singles — Third Round

Caroline Wozniacki (1), Denmark, def. Jarmila Gaidosova (27), Australia, 6-3, 6-2. Maria Sharapova (5), Russia, def. Klara Za-kopalova, Czech Republic, 6-2, 6-3. Tamira Paszek, Austria, def. Francesca Schiavone (6), Italy, 3-6, 6-4, 11-9. Serena Williams (7), U.S., def. Maria Kirilenko (26), Russia, 6-3, 6-2. Marion Bartoli (9), France, def. Flavia Pennetta (21), Italy, 5-7, 6-4, 9-7. Dominika Cibulkova (24), Slovakia, def. Julia

Goerges (16), Germany, 6-4, 1-6, 6-3. Petra Cetkovska, Czech Republic, def. Ana Ivanovic (18), Serbia, 6-3, 7-6 (0). Peng Shuai (20), China, def. Melinda Czink, Hungary, 6-2, 7-6 (5).

Sabine Lisicki, Germany, def. Misaki Doi,

Japan, 6-4, 6-2. **Doubles — First Round**

Bethanie Mattek-Sands and Meghann Shaughnessy (5), U.S., def. Lourdes Dominguez Lino and Laura Pous-Tio, Spain, 7-6 (1), 7-5. Peng Shuai and Zheng Jie (8), China, def. Akgul Amanmuradova, Uzbekistan, and Alexandra Panova, Russia, 4-6, 6-4, 6-3. Tsvetana Pironkova, Bulgaria, and Chanelle Scheeners, South Africa, def. Julia Goerges, Ger many, and Maria Kirilenko (9), Russia, 6-2, 5-7, 6-4. Iveta Benesova and Barbora Zahlavova Strycova (10), Czech Republic, def. Kristina Barrois and Anna-Lena Groenefeld, Germa 5-7, 7-5, 6-4.

Daniela Hantuchova, Slovakia, and Agnieszka Radwanska (13), Poland, def. Sandra Klemen-schits and Tamira Paszek, Austria, 6-3, 6-2. Olga Govortsova, Belarus, and Alla Kudrvaytseva (16), Russia, def. Anne Keothavong and Laura Robson, Britain, 7-5, 6-2.

Sophie Lefevre, France, and Evgeniva Rodina. Russia, def. Jocelyn Rae and Heather Watson,

Sara Errani and Roberta Vinci, Italy, def. Shuko Aoyama and Rika Fujiwara, Japan, 3-6,

Marina Erakovic, New Zealand, and Tamarine Tanasugarn, Thailand, def. Klaudia Jans and Alicja Rosolska, Poland, 3-6, 6-2, 6-3. Kimiko Date-Krumm, Japan, and Zhang Shuai, China, def. Flavia Pennetta and Francesca Schiavone, Italy, 6-3, 2-6, 6-4. Second Round

Kveta Peschke, Czech Republic, and Katarina Srebotnik (2), Slovenia, def. Jarmila Gajdoso va, Australia, and Klara Zakopalova, Czech Re public, 6-3, 6-1.

Vera Dushevina and Ekaterina Makarova Russia, def. Maria Jose Martinez Sanchez ar Anabel Medina Garriques (11), Spain, 6-3, 6-4.

CFL

REGULAR SEASON

All Times Fastern WEEK ONE

Thursday, June 30 B.C. at Montreal, 7:30 p.m. Friday, July 1 Winnipeg at Hamilton, 6 p.m. Toronto at Calgary, 9 p.m. **Sunday, July 3** Edmonton at Saskatchewan, 7 p.m.

WFFK TWO

Friday, July 8 Toronto at Winnipeg, 7:30 p.m. Calgary at B.C., 10:30 p.m. Saturday, July 9 Montreal at Saskatchewan, 4 p.m. Hamilton at Edmonton, 7 p.m

WFFK THRFF

Thursday, July 14 Calgary at Winnipeg, 8 p.m. Friday, July 15 Toronto at Montreal, 7:30 p.m. Saturday, July 16 Saskatchewan at Hamilton, 4 p.m. B.C. at Edmonton, 7 p.m.

GOLF

PGA TRAVELERS CHAMPIONSHIP

Final Round

(a — amateur)
Fredrik Jacobson, \$1,080,000
John Rollins, \$528,000
Ryan Moore, \$528,000 65-66-63-66—260 65-68-65-63—261 64-70-64-63—261 Michael Thompson, \$288,000 67-65-68-62-262 James Driscoll, \$240,000 69-64-64-67-264 Kevin Streelman, \$201,000 Kevin Streelman, \$201,000 Andres Romero, \$201,000 Bryce Molder, \$201,000 Tom Gillis, \$156,000 66-70-63-66-265 64-67-67-67—265 65-66-64-70—265 66-69-66-65—266 Brian Davis, \$156,000 65-67-68-66-266 John Merrick, \$156,000 67-66-66-67-266 Blake Adams, \$156,000 Bo Van Pelt, \$112,500 Brendan Steele, \$112,500 Nick Watney, \$112,500 66-66-66-68-266 66-65-69-67—267 68-64-67-68—267 65-65-68-69—267 Webb Simpson, \$112,500 66-65-67-69-267 David Toms, \$78,514 69-66-69-64-268 Chris Stroud, \$78,514 66-69-67-66-268 Heath Slocum, \$78,514 David Mathis, \$78,514 Tommy Gainey, \$78,514 70-63-68-67—268 67-65-68-68—268 66-69-65-68—268 Johnson Wagner, \$78,514 65-63-71-69-268 D.J. Trahan, \$78,514 69-62-68-69-268 Steve Flesch, \$46,425 68-68-70-63-269 Bud Cauley, \$46,425 Zach Johnson, \$46,425 Ian Poulter, \$46,425 68-67-69-65—269 65-68-70-66—269 68-68-66-67—269 Carl Pettersson, \$46,425 68-68-65-68-269 Brandt Snedeker, \$46,425 70-63-67-69-269 Aaron Baddelev, \$46,425 67-67-66-69-269 J.J. Henry, \$46,425 68-67-65-69-269

Also David Hearn, \$27,000 66-67-70-68-271 WEGMAN'S LPGA CHAMPIONSHIP

67-60-72-70—269

Patrick Cantlay

At Pittsford, N.Y.
Par 72 — Final Round
Yani Tseng, \$375,000
Morgan Pressel, \$228,69
Suzann Pettersen, \$132,
Paula Creamer, \$132,512 66-70-67-66-269 69-69-70-71-279 72-72-69-67-280 67-72-72-69-69-280 72-72-67-69-280 68-73-70-71-282 71-71-70-71-282 71-71-70-71-283 70-77-57-12-83 70-71-71-71-283 Cristie Kerr, \$132,512 Meena Lee, \$77,630 Stacy Lewis, \$77,630 Maria Hjorth, \$53,840 Pat Hurst, \$53,840 Mika Miyazato, \$53,840 Azahara Munoz, \$53,840

73-72-73-74-292 Lorie Kane, \$6,249 **NATIONWIDE MEXICO OPEN**

At Leon, Mexico Par 72 — Third Round Matthew Giles

67-72-65—204 68-69-67—204 66-70-68—204 69-69-67—205 71-66-68—205 69-70-67—206 68-70-67—206 Richard H. Lee Peter Lonard Kyle Thompson Jose de Jesus Rodriguez Will Wilcox Erik Compton Oscar Fraustro Chris Baker James Nitties Jin Park Casey Wittenberg 69-65-72—206 69-65-72—206 69-72-66—207 67-72-68—207 72-67-68—207 68-63-76—207

CHAMPIONS DICK'S SPORTING GOODS OPEN

SPORTING GOOD:
At Endicott, N.Y.
Par 72 — Final Round
John Huston, \$262,500
Nick Price, \$154,000
Mark Wiebe, \$126,000
Jim Gallagher, Jr., \$94,500
Deets Senior, \$59,500
Peter Jacobsen, \$59,500
Peter Jacobsen, \$59,500
Jay Don Blake, \$59,500
Jim Rutledge, \$38,850
Also 65-70-65—200 66-71-66—203 65-68-71—204 74-66-65—205 68-69-68—205 70-69-67—206 67-71-68—206 71-67-68—206 68-68-70—206

72-70-72-214

Also Rod Spittle, \$6,125

EASTERN CONFERENCE

SOCCER

i		GP	W	L	T	GF	GΑ	Pt
፥	Philadelphia	16	7	4	5	19	14	26
i	New York	17	5	3	9	27	21	24
:	Columbus	15	5	4	6	16	16	21
:	Houston	17	4	6	7	21	22	19
i	D.C. United	15	4	5	6	21	27	18
፥	Kansas City	15	4	6	5	19	21	17
i	Chicago	17	2	4	11	18	21	17
i	New England	17	3	8	6	13	21	15
፥	Toronto	18	2	7	9	16	29	15
•								

MF21FKN (.ONI	ŀĿŀ	<u> </u>	NC	Ŀ		
	GP	W	L	T	GF	GΑ	F
Los Angeles	19	9	2	8	25	15	3
Dallas	17	9	4	4	24	17	3
Seattle	18	8	4	6	23	16	3
Real Salt Lake	15	7	3	5	18	9	2
Colorado	16	5	4	7	18	17	2
San Jose	15	5	5	5	20	17	2
Portland	15	5	7	3	18	26	1
Chivas USA	16	4	7	5	20	21	1
Vancouver	16	2	7	7	16	22	1
Note: Three poin	ts for	a w	in, c	one	for a	tie.	
Yesterday's resi	ults						

New York 1 Chicago 1 Seattle 2 New England 1 Colorado at Columbus Kansas City 2 Vancouver 1 Real Salt Lake 3 Toronto 1 Dallas 4 Portland 0 Houston 2 D.C. United 2 Los Angeles O San Jose O

Philadelphia 3 Chivas USA 2 Wednesday's game All Times Eastern

Vancouver at Toronto, 7:30 p.m. **2011 CONCACAF GOLD CUP**

CHAMPIONSHIP

ΔΤ ΡΔSΔDFNA. CALIF. Mexico 4 U.S. 2

NASL

Sunday's result Edmonton 1 Montreal 0 Saturday's results Puerto Rico 1 Fort Lauderdale 1

Tampa Bay at Fort Lauderdale, 7:30 p.m. Puerto Rico at Montreal, 7:30 p.m

2011 FIFA WOMEN'S WORLD CUP

Yesterday's results At Berlin Germany 2 **Canada 1** France 1 Nigeria 0 Today's games All Times Eastern At Bochu Japan vs. New Zealand, 9 a.m.

At Wolfsburg Mexico vs. England, 12 noon Tomorrow's games At Leverkusen

Colombia vs. Sweden, 9 a.m. At Dresden U.S. vs. South Korea, 12:15 p.m.

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> metr⊕ News worth sharing

15

18

35

Crossword

Across

- 1 Forum garb
- 5 Life story, for short 8 Snake's tooth
- 12 Grand tale
- 13 Conclusion
- 14 Operatic rendi-
- 15 Painter Chagall 16 Being philan-
- thropic
- 18 Dull indifference
- 20 Soda-shop treat
- 21 Dire prophecy
- 23 Two fives
- 24 Try 28 Antelope's play-
- mate
- 31 Meadow
- 32 Weary 34 Firmament
- 35 Departed
- 37 Check beneficiary
- 39 Dandy
- 41 Garbage barge
- 42 Anchored 45 It gets the lead
- out
- 49 Ingratiated 51 Staff member?
- 52 Use a teaspoon
- 53 Eggs
- 54 Two-way
- 55 14-Across, e.g.
- 56 Apiece 57 Partner in
- wartime

Down

- 1 Office part-timer
- 2 Colorful fish
- 3 Child without a Y chromosome

Seinfeld's voice

43

- 6 Hostel
- 7 Probability 8 Was obsequious
- 9 Sahara-like quality 10 1492 ship
- 11 "Eleni" author
- **Nicholas**
- 17 See 29-Down
- 19 Capricorn
- 22 Early periods 24 Right angle
- 25 Born
- 26 Jonquil's cousin 27 Fragrant wood

5 2007 film featuring 29 With 17-Down, supplement

32

40

36

- 30 Deli bread 33 Entrance
- 36 Matador

16

37

53

56

22

50

- 38 African nation
- 40 Carrot companion?
- 42 Disarray
- 43 Aware of 44 Let fall
- 46 "Heart and —"
 - 47 List-ending abbr.
- 48 Depend (on)
- 50 First lady

Sudoku

						4	7	
9		8	2	7				
			6	5				8
	7	6					3	9
1								6
5	4					7	1	
2				4	8			
				1	5	6		4
	5	9						

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

|--|

2	1	8	7	4	6	3	9	5
3	7	4		5	1	2	В	6
6	9	5	2	3	8	1	4	7
7	4	9	1	2	3	5	6	В
5	3	1	6	8	7	9	2	4
8	2	6	5	9	4	7	1	3
1	6	3	4	7	9	8	5	2
4	5	7	8	1	2	8	3	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

inmydreams miss you - nothing more to say. FROM YOURGIRL

None Bunnz - You are a bunny and I am a vampire. I'm sorry timespace has conspired against us. One day we will be one. FROM ANDRACULOS

lo..agree. looking forward for that evening. take care of yourself 4me. and know that i am only yours. love u

FROM SOULMATE

munchkin sweetpie..the only answer is 2gethernes now. more ...better 4 both - me find date+++time u find place where v can spend an eve 2gether, just th 2 of us//lov u//email??//

Today's horoscope

T Aries March 21-April 20 The more you go out of your way to be nice the more they will go out of $% \left\{ 1,2,\ldots ,n\right\}$ their way to be nice to you

Taurus April 21-May 21 Keep important information to yourself II Gemini May 22-June 21

Mars in your sign gives you the power to make things happen Gancer June 22-July 22 Prom-

ise vourself that whatever happens today you won't get upset about i Ω Leo July 23-Aug.23 Some people are simply too stupid to understand why you are angry about an

TV Virgo Aug. 24- Sept. 22 It's important that you give those around you the impression that you know what you are doing, even if you are as lost as they are

△ Libra Sept. 23-Oct. 23 Don't let your workload get any heavier than it is now M Scorpio Oct. 24-Nov. 22 The

approaching solar eclipse in your fellow Water sign of Cancer will kick-start your summer.

*** Sagittarius Nov. 23-Dec. 21

For today's crossword answers and for expanded horoscopes, ao to metronews.ca

14.

28

38

51

54

34

17

23

33

45

You can persuade almost anyone

to do almost anything for you V Capricorn Dec. 22-Jan. 20 The emphasis now is very much

on joint activities, Aquarius Jan. 21-Feb. 18 Anyone who is fortunate enough to be in your good books will be left in no doubt at all that they are

special. **H Pisces Feb. 19-March 20**. Both success and failure are there to be learned from.

SALLY BROMPTON







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Caption contest "Doctors document a severe case of tennis elbow" Robbie



Write a funny caption for the image above and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.

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08 Volvo C30

 Load, A/C, Auto st: 32010 • km: 43228





08 LandRover LR2

• Hard Top, Load, Roof, Lthr st: 32155 • km: 83976 \$19,850



07 Accord SE

Load, A/C, Auto st: 31926 km: 88855 \$12,740



07 Doge Nitro SLT

4WD, Load, A/C, Auto st: 32242 km: 68241 \$13,960



07 Saab 9-3 Turbo

 Load, A/C, Roof, Lthr, Aut • st: 32111 • km: 74163 \$14,820

08 Tribute Load, A/C, Auto st: 32222 km: 63888

\$12,750

Load, A/C, Auto

• st: 31839

• km: 53533

\$**23,85**0

Convert, Loc A/C, Lthr, Aut

• st: 32001 • km: 71698

\$16,870



10 Mustang Convert

08 Mini Cooper

07 Miata MX-5 Coupe

Load, A/C, Au st: 32058 • km: 56326 \$19,970



07 Sienna CE

· Load, A/C, • st: 32216 • km: 91894

• Load, A/C,

• st: 31960 • km: 94029

\$12,960



07 Camry LE

07 Calibre SXT

09 Kia Rio

07 Sebring

GREAT

Load, A/C st: 31790 km: 82291

\$8,780 \$80** Bi-weekly

Load, A/C, Std st: 31178

km: 44890

\$9,960

Load, A/C st: 31515

km: 86262

\$9,680

\$88*

\$81* Bi-weekl



07 Montana SV6

st: 31570 km: 94151 \$9,370 \$85*

Load, A/C st: 31931

km: 83778

\$9,970

Load, A/C, Auto

st: 31579

km: 78487

\$7,850

Load, A/C st: 32274

km: 77858

\$13,950

\$72*



07 Caravan SXT

Std

Load, A/C, Auto st: 31807

km: 59071

\$8,950

Bi-weekly

Load, A/C, Roof

st: 32104

\$9,960

st: 32152

km: 74169

\$10,880

\$91

km: 81859

st: 31443 km: 91796 \$8,850 \$81

09 PT-Cruiser

08 Corolla CE

07 Matrix

07 Five Hundred SEL Load, A/C

st: 32092 km: 10603 \$9,970 \$91*

08 Pontiac G5 Coupe

A/C, Auto st: 31249 km: 68951



Load, A/C, Auto

st: 32064

km: 89744

\$9,820

\$89*



07 Nissan Versa S

Load, A/C, Roof, Auto st: 32184 km: 67421 \$14,650

Std
 st: 31734-A

km: 42823

\$11,480

Load, A/C, Auto

st: 31996

• km: 76411

\$10,860



10 Ford Ranger

07 Patriot Sport

08 Allure CXL

• Load, A/C, Roof, Lthr, Au • st: 32286 km: 87966 \$13,460 7 0 45

08 Mazda3

st: 32241 • km: 34874 \$10,820

10 Toyota Yaris Load, A/C, Autost: 32076 • km: 50602 \$12,850

Load, A/C

st: 32208 km: 71434 \$9,960 \$91

A/C, Autost: 32141

• km: 65596

08 Jeep Compass

07 Mazda5 GS

Std • st: 31585 • km: 87573 \$7,380 \$67**

07 Ford Focus SE

07 Rabbit

08 Elantra

• st: 31531 \$8,960 \$82*

08 Ford Ranger Sport

07 Golf City











07 Pontiac Vibe



Load, A/C st: 32193 km: 73130 \$13,820

08 Altima 2.5S

07 Mazda CX7 GS

AWD, Load A/C, Auto st: 29811 km: 67352 \$15,840



\$11,4**80**

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